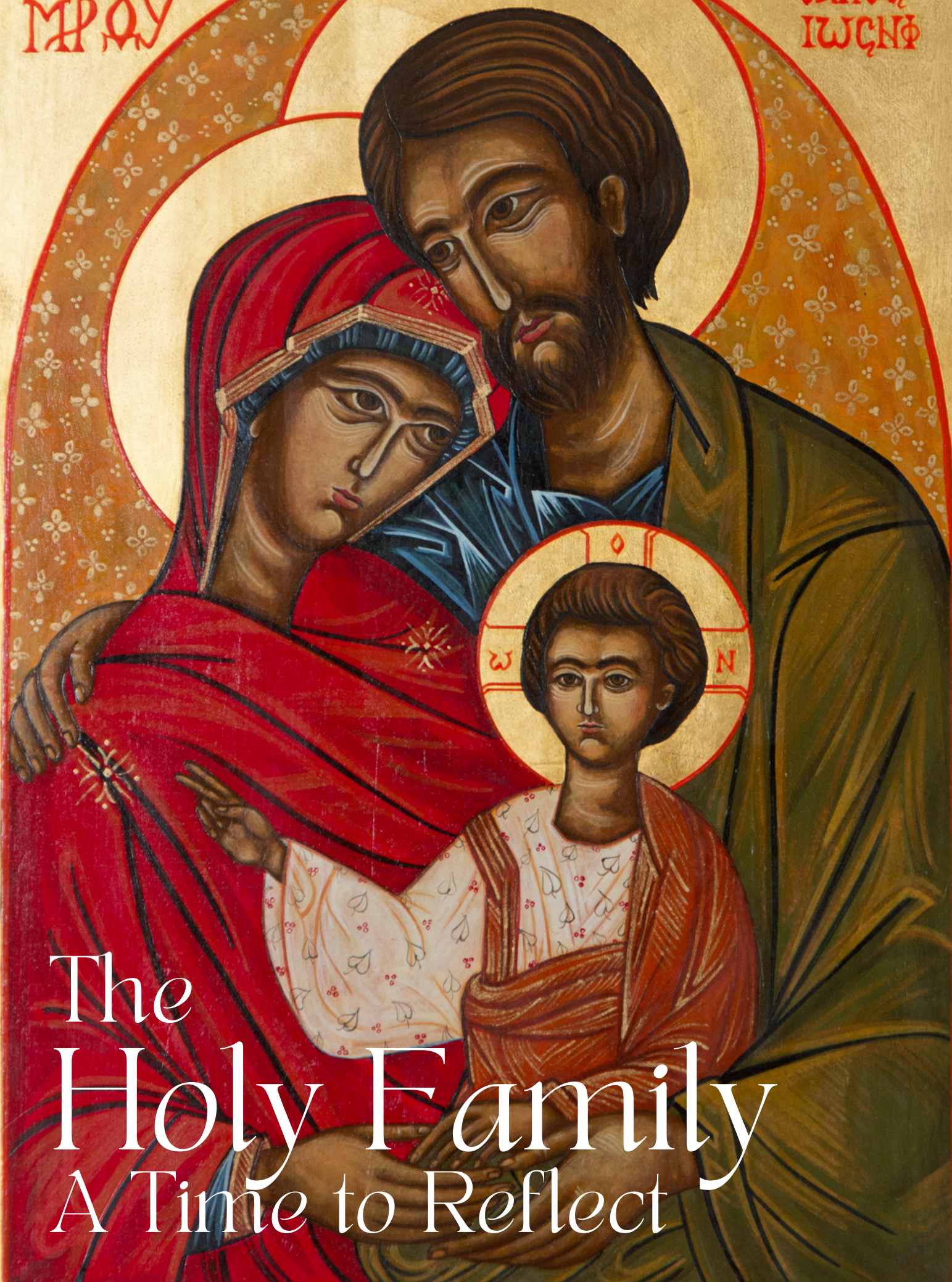


ΜΡΟΥ

ΟΑΓΙΟΣ  
ΙΩΑΝΝΗΣ



The  
Holy Family  
A Time to Reflect

# Welcome

The Feast of The Holy Family is a Solemnity, a feast day where we reflect on Jesus, Mary and Joseph, God's Holy Family. On the Feast day and throughout the year, we invite families to sit down and spend 5 minutes in reflection and thanksgiving, giving time to think of how we can build up and strengthen the family, bringing each member closer to Jesus, and closer to holiness.

You may want to begin with some quiet time to prepare yourselves to reflect. Perhaps having some paper available to write down positive things about your family and how these reflect the Holy Family. You may also want to write down what you can do more of in order to grow the family in being closer together in prayer, unity and love. We also recommend placing a candle in the centre.

## Let us begin in prayer:

In the name of the Father, and of the Son and of the Holy Spirit.

**Amen**

Light the candle in the centre and encourage everyone to focus on those family members past and present.



# Gospel

*Let us reflect on the shortened Gospel reading we hear at Mass today.*

## **Luke 2:41-52**

The parents of Jesus went to Jerusalem every year at the Feast of the Passover. And when he was twelve years old, they went up according to custom. And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the group they went a day's journey, but then they began to search for him among their relatives and acquaintances, and when they did not find him, they returned to Jerusalem, searching for him. After three days they found him in the Temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. And when his parents saw him, they were astonished. And his mother said to him, 'Son, why have you treated us so? Behold, your father and I have been searching for you in great distress.' And he said to them, 'Why were you looking for me? Did you not know that I must be in my Father's house?' And they did not understand the saying that he spoke to them. And he went down with them and came to Nazareth and was submissive to them. And his mother treasured up all these things in her heart. And Jesus increased in wisdom and in stature and in favour with God and man.

Let us now take some time to reflect silently on the words God has spoken to us through this reading.

## Reflection

### Thanks

At this time each family member has the opportunity to say **what they are thankful for**, with the response after each person being **'we thank you, O Lord'**.

### Hope

At this time each family member has the opportunity to say **what their hopes are**, with the response after each person being **'we place our hope in you'**.

## The Lord's Prayer

We now end our prayer today with the prayer that Jesus taught us as we say...

Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done,  
on earth as it is in Heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.

**Amen**

# Further Information

For further information and resources visit:

**[www.ukvocation.org](http://www.ukvocation.org)**

**Follow us:**



@nationalofficeforvocation



@ukvocations NOV UK



@ukvocation



@ukvocation



For further information on Marriage and Family Life in your Diocese contact you Marriage and Family Life Coordinator.